

VIDEO TRAINING RECORD	
VIDEO TITLE Carbon Monoxide Poisoning	VIDEO ID NUMBER 1006BE

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KEY TEACHING POINTS OF THE VIDEO							
Carbon monoxide is one of the most common killers both at home and in industrial settings.							
Hazards of Carbon Monoxide.							
Poisoning.	Explosions.	Carbon monoxide is odorless and colorless.					
Next to carbon dioxide is the most frequently found pollutant in contaminated areas.							
Symptoms of carbon monoxide poisoning.							
Similar to colds and flu:							
Headache.	Dizziness.	Nausea.	Unconsciousness.				
Acute symptoms.							
Stage 1:	Pressure in the head.		Band like constriction or throbbing.				
	Weak knees, confusion, headache.		Roaring in the ear.				
	Nausea.						
Step 2:	Cannot make decisions.		Victim becomes unable to take escape route.				
	Drunken-like stupor.		Legs begin to feel very heavy.				
	Loss of consciousness.		Vomiting.	General muscular contractions.			
Death.							
High risk sites of carbon monoxide concentrations.							
Automobile service stations.		Warehouses.	Cabs of commercial vehicles.	Toll gates.			
Foundries.		Refineries.					
Pulp and paper mills.		Coal and charcoal produce large quantities of carbon monoxide when burned.					
Respiratory Equipment:							
Does nothing to reduce or eliminate the hazard.			May create a false sense of security.				
Monitor for carbon monoxide.							
Continuously.							
Requires a commitment of.							
Cost.	Personnel training.		Maintenance.				
Exposures:							
1.	Carbon monoxide enters the body through the lungs interfering with the use of oxygen by the body.						
2.	Acute exposures affect the central nervous system.						
3.	Chronic exposures affect the cardiovascular system.						
4.	If exposure isn't too great, complete recovery can be expected.						
5.	Smokers are at a higher risk from carbon monoxide poisoning.						
6.	The brain cannot monitor body functions as exposure become more severe.						
7.	Exposure can cause permanent cell destruction.						
8.	Death occurs if exposure is very great.						
9.	Ventilation reduces the amount of carbon monoxide to which workers are exposed.						
In case of accidental leaks:							
Remove the victim to fresh air as soon as possible.		Administer CPR if necessary.					
Oxygen must be administered as soon as possible.		Oxygen is the preferred treatment.					
Lay victim down and elevate the feet.		Seek medical assistance.					

1. True 2. True 3. True 4. False 5. False